



National Alliance on Mental Illness

NAMI

Michigan

**Reducing Barriers -
Consumer and Family
Perspectives**



NAMI Walks

WHO/WHAT IS NAMI?

WHY TALK
ABOUT
MENTAL
ILLNESS ?

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 48 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.

WHAT WE DO

LISTEN
100,000+
PHONECALLS



EDUCATE
1000+
COMMUNITIES



ADVOCATE
POLICY IN ALL
50
STATES



LEAD
5+
PUBLIC
EVENTS



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ADVOCACY ISSUES IN MICHIGAN

REDESIGNING MICHIGAN'S PUBLIC BEHAVIORAL HEALTH SYSTEM

STATEWIDE IMPLEMENTATION OF CRISIS INTERVENTION TEAMS

ENFORCEMENT OF MENTAL HEALTH PARITY ACT (1996)

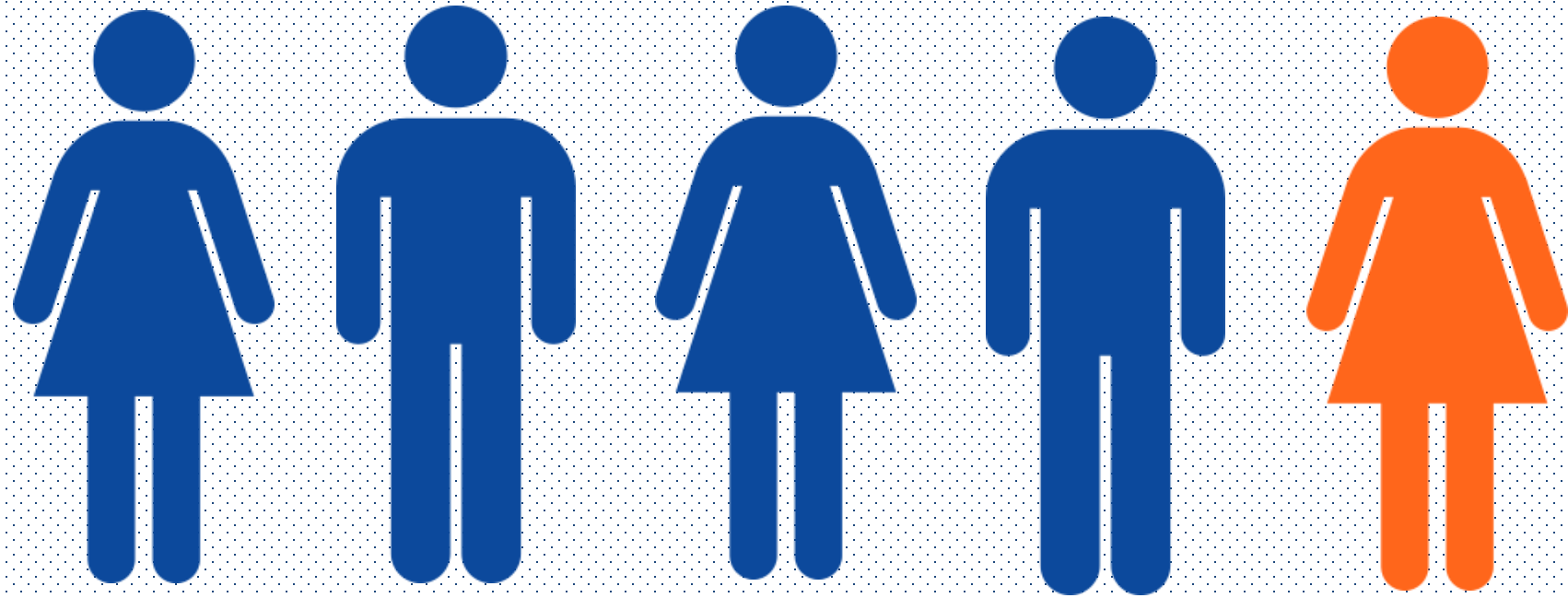
EXPANDED USE OF MENTAL HEALTH COURTS

EXPANDED USE OF KEVIN'S LAW (AOT)

FIRST EPISODE PSYCHOSIS (FEP)

SUICIDE PREVENTION

WHY DISCUSS MENTAL ILLNESS?



1 in 5 Americans are affected by mental illness in a given year.



WHY DISCUSS MENTAL ILLNESS?

WHY TALK
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Myths & Facts About Mental Health:

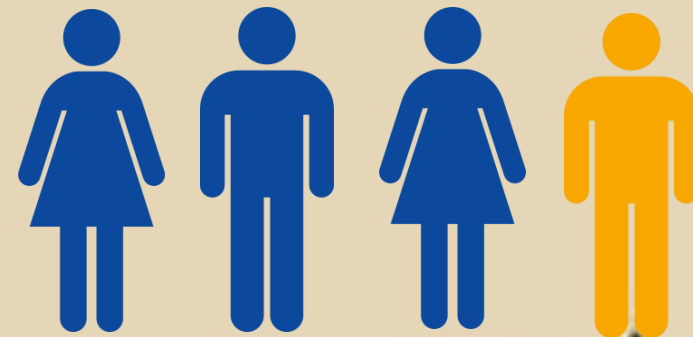
Myth: **Mental illnesses are brought on by a weakness of character.**

Fact: Mental illnesses are a product of the interaction of biological, psychological, and social factors. Research has shown genetic and biological factors are associated with mental illnesses, substance use disorders and suicide..

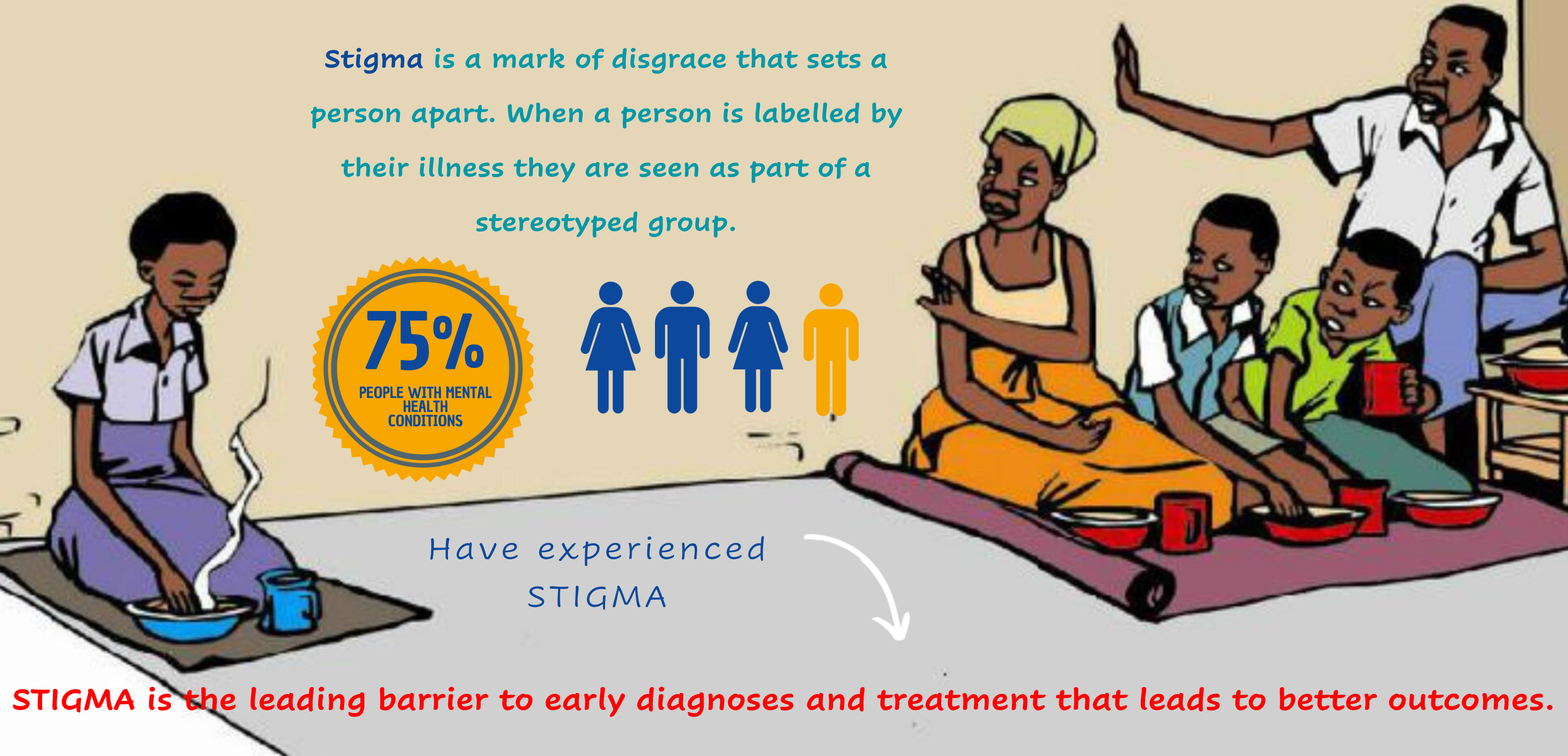
60
MILLION
PEOPLE

WHAT IS STIGMA?

Stigma is a mark of disgrace that sets a person apart. When a person is labelled by their illness they are seen as part of a stereotyped group.



Have experienced
STIGMA



STIGMA is the leading barrier to early diagnoses and treatment that leads to better outcomes.

WHY DISCUSS MENTAL ILLNESS?

WHY TALK
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Facts About Mental Health Advocacy:

As advocates, we fight for increased mental health resources such as financial, legislative, behavioral healthcare professionals, community resources, etc., but if we don't **eliminate** the **stigma**, the people in need of behavioral health treatment simply will not seek it!

60
MILLION
PEOPLE

WHY DISCUSS MENTAL ILLNESS?

50%

of all lifetime cases of mental illness begin by age

14



75%

of all lifetime cases of mental illness begin by age

24

WHY DISCUSS MENTAL ILLNESS?

16.5%

of U.S. youth
(ages 6-17)
experienced a
mental health
disorder in 2018.

20%

of people with
anxiety disorder
seek treatment.

59%

of students
report be
harassed or
bullied online

74%

of students
identified as
being stressed to
the point of
being unable to
cope

17%

of high school
students
seriously
considered
suicide in the
last year.

WHY DISCUSS MENTAL ILLNESS?

70%

of youth in
juvenile justice
systems have at
least one mental
health condition.

20%

of youth in the
juvenile justice
system live with
a serious mental
illness.

37%

of state and
federal prisoners
have a diagnosed
mental illness

21%

of local jail
prisoners have a
recent history
with a mental
health condition

43%

of adults in the
U.S. with a
mental health
condition
received mental
health services in
the past year.

WHY DISCUSS MENTAL ILLNESS?

60%

of U.S. counties
do not have a
single practicing
psychiatrist

19%

of U.S. adults
with mental
illness also
experienced a
substance use
disorder in 2018
(9.2 million
individuals)

41%

of Veteran's
Health
Administration
patients have a
diagnosed
mental illness or
substance use
disorder

11 yrs

Is the average
delay between
onset of mental
illness symptoms
and treatment

90%

of people who die
by suicide had
shown symptoms
of a mental
health condition

WHY DISCUSS MENTAL ILLNESS?

AFRICAN AMERICANS AND HISPANIC AMERICANS

use mental health services at about ONE-HALF the rate of Caucasian Americans in the past year.



20%

of homeless adults staying in shelters live with serious mental illness



\$193
BILLION

Serious mental illness costs America \$193.2 billion in lost earnings per year.

46%

live with severe mental illness and/or substance use disorders.



CRITICAL ISSUES FACING MULTICULTURAL COMMUNITIES



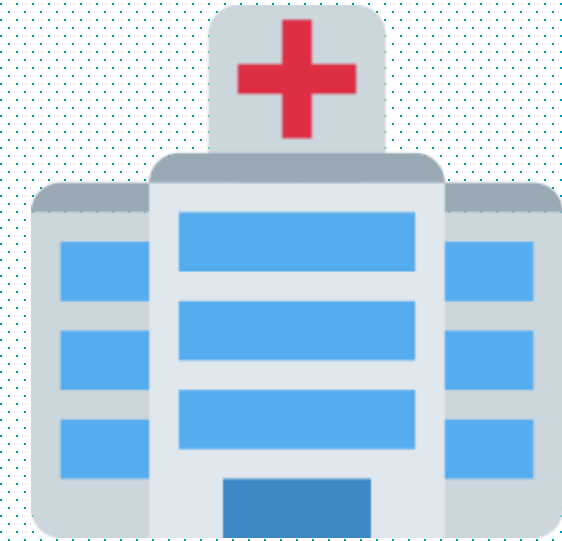
Less access to treatment



Less likely to receive treatment



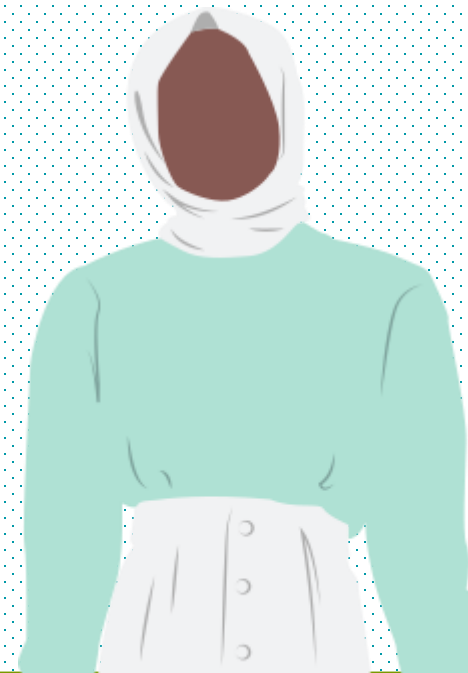
Lower rates of health insurance



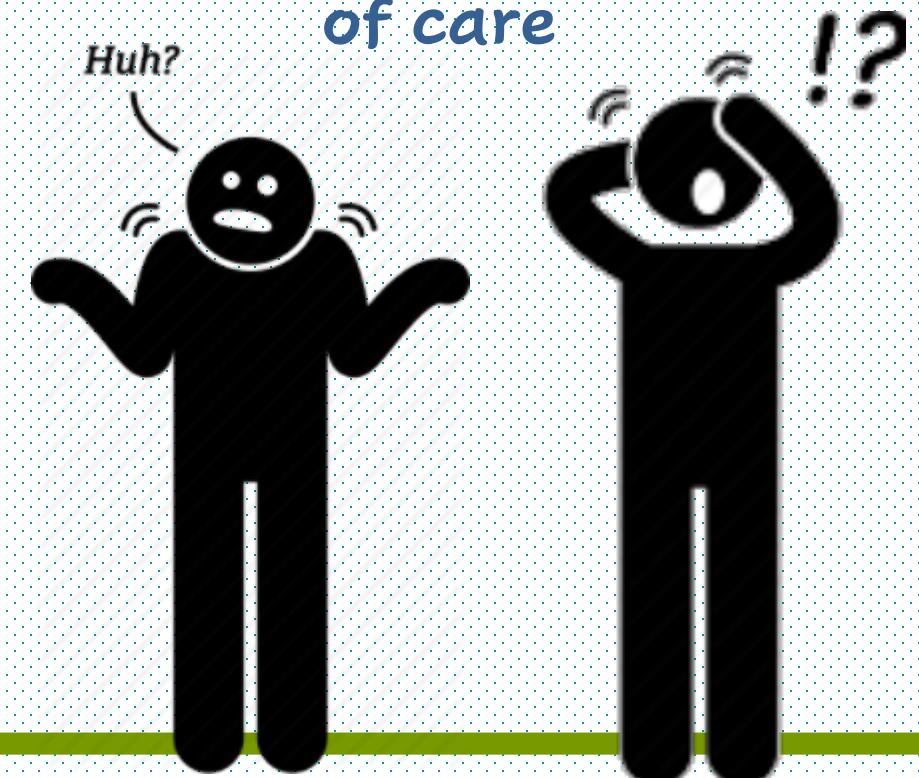
Poorer quality of care



Higher levels of stigma



Racism, bias, homophobia, or discrimination in treatment settings



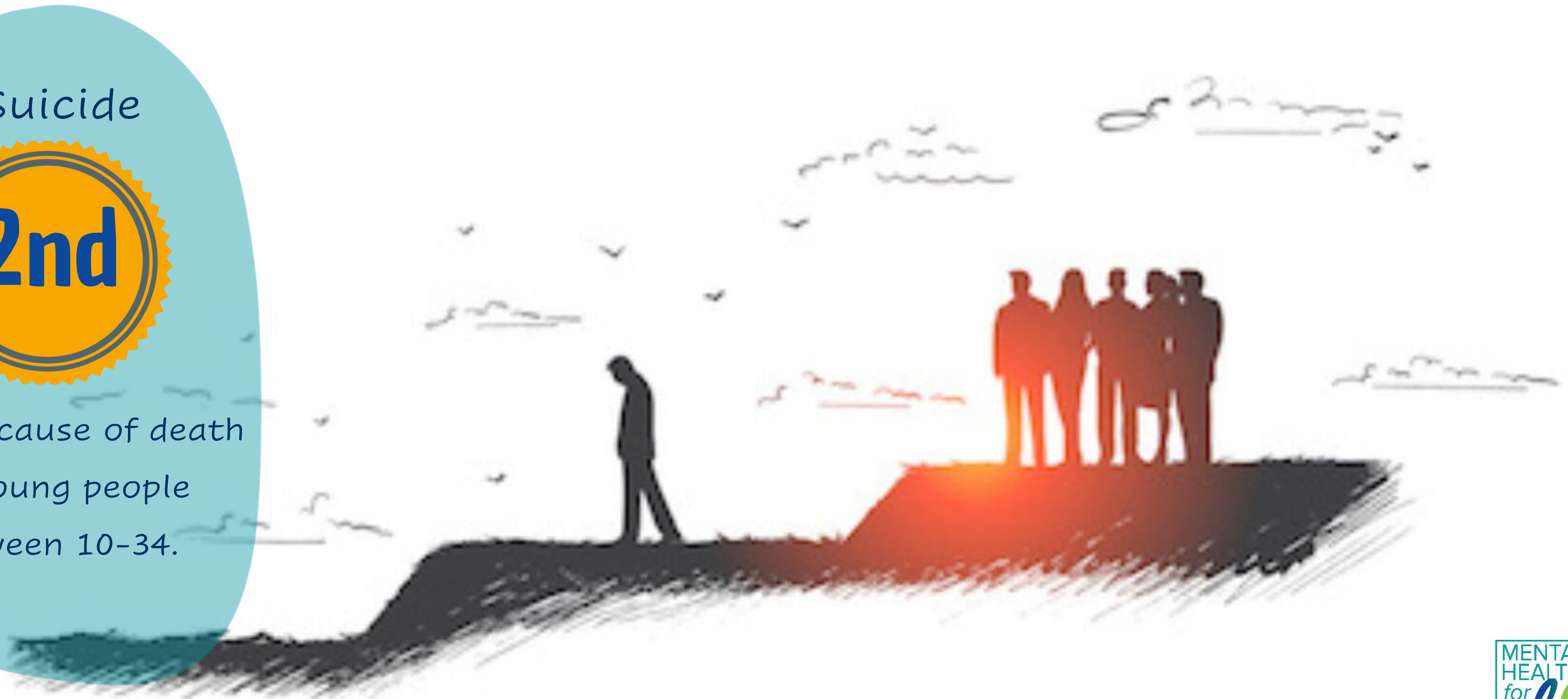
Culturally insensitive healthcare system

WHY DISCUSS MENTAL ILLNESS?

Suicide

2nd

Leading cause of death
for young people
between 10-34.



WHY DISCUSS MENTAL ILLNESS?

Suicide

10th

Leading cause of death overall in the United States.



WHY TALK
ABOUT
MENTAL
ILLNESS ?

*48,344 people died by suicide in 2018; up from
47,173 in 2017 and up by 35% since 1999.*

*There are more than twice as many suicides
in the United States as there were homicides
(19,510).*

ACCORDING TO THE CDC.....



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2020 Winter Challenges

Prior to the COVID-19 pandemic, the U.S. systems addressing mental health services were already in crisis due to demand and insufficient services. Amidst the COVID-19 pandemic, we are now facing a “loneliness epidemic” exaggerated by the isolation required by COVID-19 pandemic. While the restrictions imposed by COVID-19 are preventative and necessary, they have social consequences and have created many subsequent stressors that disproportionately impact underrepresented groups within the U.S. NAMI’s document on the effects of COVID-19 related social isolation on the mental health of underrepresented communities provides insights and recommendations.

<https://nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources>

“Racism is a public health crisis!”

“While there is much we need to do to address racism in our country, we must not forget the importance of mental health as we do so.”

“The effect of racism and racial trauma on mental health is real and cannot be ignored. The disparity in access to mental health care in communities of color cannot be ignored. The inequality and lack of cultural competency in mental health treatment cannot be ignored.”

Daniel H. Gillison, Jr., CEO NAMI

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The National Institute of Health, the largest public funder of biomedical research in the world spent \$103 million on suicide and suicide prevention in 2017. It spent \$689 million that year studying breast cancer, which killed only a few thousand more people. In 2018 spending on suicide increased to \$147 million.

ACCORDING TO THE NIH.....

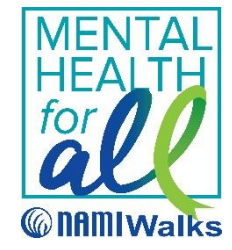
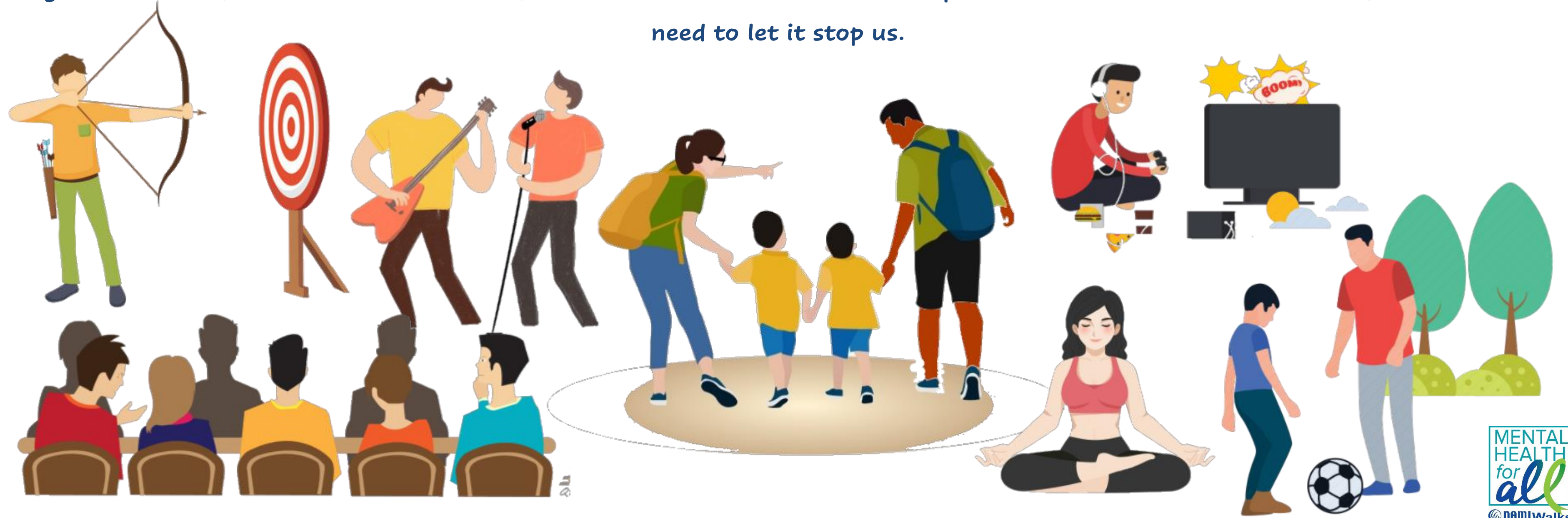


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Every year people overcome the challenges of mental illness to do the things they enjoy. Through developing and following a treatment plan, you can dramatically reduce many of your symptoms. People with mental health conditions can and do pursue higher education, succeed in their careers, make friends and have relationships. Mental illness can slow us down, but we don't need to let it stop us.





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National Suicide
Prevention Lifeline
1-800-273-8255

Text NAMI
to
741741

NAMI Helpline
800-950-NAMI (6264)
www.nami.org

LGBTQ youth at
866-488-7386